

## CLAIMS

1. A fucoidan-based health food having the effect of inhibiting hyperglycemia and keeping blood sugar low, which is obtained by mixing an Agaricus powder to a mixture consisting of 1-90% of a fucoidan fraction extraction-fractionated from sprouts of wakame (*Undaria pinnatifida*) and the remainder of a fucoidan fraction extraction-fractionated from Okinawa *Tinocladia crassa*.
  
2. A fucoidan-based health food according to claim 1, wherein the Agaricus powder is mixed to a mixture consisting of 15-35% of the fucoidan fraction extraction-fractionated from sprouts of wakame and 85-65% of the fucoidan extraction-fractionated from Okinawa *Tinocladia crassa* in a content of 10-20% based on the whole amount of the mixture.